



WORKING WELLNESS

Good Health is Good Business

MARCH
2016

is...

Colorectal
Cancer
Awareness

AMD/Low
Vision
Awareness
Month

National
Children's
Dental Health
Month

Heart
Month

National
Nutrition
Month

With



National
Donor Day

Congenital
Heart Defect
Awareness
Week

Give Kids A
Smile Day

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

LUNCH & LEARNS

FLORIDA BLUE & MCB OCC will be hosting our
First Lunch and Learns of 2016!

Living the Sweet Life @ 11am - 12pm

8 COLORS OF FITNESS @ 1pm - 2pm

WHEN & WHERE:

APRIL 5, 2016 @ 11:00am & 1:00pm

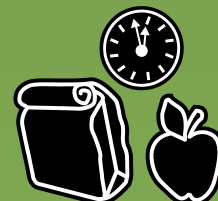
MARATHON GOV'T CENTER - MARATHON

APRIL 6, 2016 @ 11:00am & 1:00pm

HARVEY GOV'T CENTER - KEY WEST

APRIL 7, 2016 @ 11:00am & 1:00pm

MURRAY E. NELSON GOV'T CENTER - KEY LARGO



TO REGISTER:

<https://pickatime.com/client?ven=11608057>

*REGISTRATION DEADLINE IS FRIDAY MARCH 18th !

GET YOUR REAR IN GEAR!

ITS NATIONAL COLORECTAL CANCER AWARENESS MONTH

The mission of the American Society of Colorectal Surgery is to assure high quality patient care by advancing the science through research and education for prevention and management of disorders of the colon, rectum and anus. In light of the mission, their number one priority is to care for you and provide you and your family with information and education about colorectal disease. As a component of this partnership, it is important that you understand more about them and how they can assist in your medical care.

The goal of their website is to provide you with up-to-date information regarding diseases of the colon, rectum and anus in an interactive and easy to navigate platform. They have incorporated PDF, videos, images and more to enhance your educational experience. On this site you will be able to view brochures explaining various colorectal conditions, how they are diagnosed as well as options for treatment. We invite you to explore the website to see all it has to offer. We hope that you will find this site helpful and that you will continue to use this site as your resource for the latest, up-to-date information regarding colon and rectal diseases.

<https://www.fascrs.org/patients/disease-condition>



SPOTLIGHT OF THE MONTH: NATIONAL NUTRITION MONTH



What to eat to keep your teeth !



Today's nutritional approaches to oral health go beyond "don't eat sugar."

"Adequate nutrition is important in disease prevention, and nutritional counseling is becoming an increasingly important tactic in preventive dentistry," said Kevin Sheu, DDS, senior dental consultant at Delta Dental. "The quality and consistency of foods, their nutritional composition and the combinations in which they are eaten can affect oral health, including the likelihood of tooth decay."

Ongoing research indicates that antioxidants and other nutrients found in fruits, vegetables, legumes and nuts may strengthen immunity and improve the body's ability to fight bacteria and inflammation, all of which can help protect the teeth and gums. And some foods and dietary habits even have distinct effects on the mouth's ability to handle cavity-causing bacteria attacks.

To learn more and read the whole article:

https://www.deltadentalins.com/oral_health/nutrition.html



SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling (up to 8 sessions depending on each situation) within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the EAP Workshop:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.

CHECK OUT QUANTUMS MONTHLY NEWSLETTER: <http://www.accessqhs.com/#!/balanced-living/c13v6>



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

SAFE LIFTING

One of the best ways to protect your back on the job and avoid other lifting-related injuries is to use proper lifting techniques. Before lifting, think about the job. Examine the object for sharp corners, slippery spots, or other potential hazards. Know your lifting limit and don't try to exceed it. Ask for help or divide the load, if possible, to make each lift lighter. Also know where you're going to set the item down, and make sure your path is free of obstructions that could cause you to trip and fall.

When you're ready to lift, take these steps:



1. Stand close to the load with your feet spread about shoulder width apart, with one foot slightly in front of the other for balance.
2. Squat down, bending at the knees (not your waist). Tuck your chin while keeping your back as vertical as possible.
3. Get a firm grasp on the object before beginning the lift.
4. Slowly begin lifting with your legs by straightening them. Never twist your body during this step.
5. Once the lift is complete, keep the object as close to your body as possible. As the load's center of gravity moves away from the body, there's a dramatic increase in stress to the lower back. Don't forget to set the load down correctly, too. Squat and let your legs take the weight as you place the object down. Also remember to keep your fingers out of the way!



If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

Wanna be a Hero?

The first step in saving a life is training. Having the appropriate training gives you the confidence and skills you need to respond quickly when someone is in distress. However, no matter how well you're trained, studies show that our skills and memories begin to fade after about 3 months of not using a learned skill.

So, please take less than 5 minutes now and watch these two short videos that will reinforce your training and confidence on How to Perform Hands-Only CPR and How to Use an AED (Automated External Defibrillator).

CPR: www.handsonlycpr.org



AED: <http://www.heartrescuenow.com/>

The Safety Office and Monroe County Fire Rescue continue to offer free training to County employees in CPR/First Aid/AED throughout the year at locations up and down the Keys. Please keep an eye out for upcoming classes, and remember – Get Trained – Save A Life – Be A Hero!

